

Week 1	Dinner	Lunch
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
snacks		

Week 2	Dinner	Lunch
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
snacks		

Week 3	Dinner	Lunch
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
snacks		

Week 4	Dinner	Lunch
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		
snacks		